

Claims

1. Use of a composition comprising vitamin K or a derivative thereof,
optionally together with vitamin D or a derivative thereof, in the manufacture of a
5 medicament or nutritional formulation for treating or preventing age-related stiffening of
arteries.
2. Use of a composition comprising vitamin K or a derivative thereof,
optionally together with vitamin D or a derivative thereof, in the manufacture of a
10 medicament or nutritional formulation for treating or preventing an ageing-related
decrease in compliance and/or distensibility of arteries and/or an ageing-related increase
in pulse pressure.
3. Use of a composition according to claim 1 where in said artery
15 stiffening results from calcification of the tunica media.
4. Use of a composition comprising vitamin K or a derivative thereof,
optionally together with vitamin D or a derivative thereof, in the manufacture of a
medicament or nutritional formulation for treating or preventing any of: hypertension, left
20 ventricular hypertrophy, congestive heart failure, myocardial infarction, stroke,
Mönckeberg's sclerosis and coronary heart disease.
5. Use according to any of claims 1 to 4, wherein said vitamin K is
vitamin K₁ (phylloquinone) or Vitamin K₂ (menaquinone).
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6. Use according to claim 5 wherein said vitamin K is vitamin K₁
(phylloquinone).
7. Use according to any of claims 1 to 6 wherein the daily dosage of
30 vitamin K or a derivative thereof is in the range 50µg-1000µg.
8. Use according to any of claims 1 to 7 wherein the medicament or
nutritional composition comprises vitamin D or a derivative thereof.

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9. Use according to claim 8 wherein said vitamin D is vitamin D₃ (cholecalciferol).
10. Use according to any of claims 1 to 9 wherein the medicament or
5 nutritional formulation is for administration to a postmenopausal woman.
11. Use according to any of claims 1 to 10 wherein the medicament or nutritional formulation is to be administered over a period of at least 12 months, preferably at least 36 months.
- 10 12. Use according to claim 1 or claim 2 wherein said arteries are the common carotid arteries.
13. A composition for promoting healthy arteries, comprising:
15 (a) vitamin K or a derivative thereof; and
(b) one or more additional components selected from: polyphenols, vitamin C, vitamin E (tocopherols and/or tocotrienols), L-Arginine, phytosterols, antihypertensive peptides, soluble fibers (e.g. guar, pectin), omega-3, omega-6 and/or omega-9 fatty acids, carnitine, taurine, coenzyme Q10, creatine, folic acid, folates, magnesium, potassium,
20 vitamin B6, and vitamin B12; and
(c) optionally, vitamin D or a derivative thereof.
14. A composition according to claim 13 which comprises in a single dose: 0.5-1mg vitamin K and 5-10µg vitamin D.
- 25 15. A composition for promoting healthy arteries which comprises: 0.5-1.5mg vitamin K; 5-10µg vitamin D; 450-550mg Calcium; 7-12 mg Zinc; and 100-200mg Magnesium.
- 30 16. A composition according to claim 15 which comprises about 1mg Vitamin K₁; 8 µg vitamin D₃, 500mg Calcium, 10mg Zinc; and 150mg Magnesium.
17. A composition according to any of claims 13 to 16 which is a food or beverage product or a dietary supplement.

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18. A kit comprising Vitamin K or a derivative thereof, and optionally vitamin D or a derivative thereof, and a medicament, for simultaneous, separate or sequential administration, wherein said medicament is selected from the group consisting
5 of: anticoagulants, antithrombotics, fibrinolytics, antihypertensives, diuretics, antianginals, hypolipidaemic agents, beta-blockers, ACE inhibitors, cardiac glycosides, phosphodiesterase inhibitors, antiarrhythmics, and calcium antagonists.

19. A method of preventing or treating age-related arterial stiffening,
10 hypertension, left ventricular hypertrophy, congestive heart failure, myocardial infarction, stroke, Mönckeberg's sclerosis or coronary heart disease, comprising administering to a person in need of such treatment an effective amount of vitamin K or a derivative thereof and optionally vitamin D or a derivative thereof.